


THE GAIL GUIDE

Volume 11 Issue 2

October 2013

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Accessible Greenbelt	3	assistance to pay for private health insurance for you or your family . Or you may be eligible for Medicaid with the expansion of eligible Marylanders.
Produce Distribution Schedule	4	Maryland Health Connections is our state's new health insurance marketplace that will make it easier for Marylanders to shop, compare and enroll in quality health coverage. This program is targeting uninsured individuals from birth up to 65 years of age.
City of Greenbelt Health and Well-	4	Beginning October 1, 2013, if you need health coverage, you can go to Maryland Health Connections to:
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New Caregiver Support Group	8	If you or your child are currently on Medicaid, you do not need to do anything. You will be contacted when it is time to renew. In 2014, you can renew your Medicaid coverage through Maryland Health Connections.
Mental Health Screening Month	8	By law under the Affordable Care Act, most people over age 18 must have health insurance or pay a fine. This is similar to the existing Medicare Part D penalty for late enrollment. If you have Medicaid or Medicare coverage you meet the requirement and are not subject to any fines and you do not need to utilize the Maryland Health Connections website. Applying is free , easy and confidential. At Maryland Health Connections you can see your coverage options, all in one place, with one application. You can compare a wide variety of private insurance plans and make apples to apples comparisons of their costs and coverage to help decide which is right for you. -

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The core benefits that all health plans must offer include: Doctors visits, Hospitalization, Emergency Care, Maternity Care, Pediatric Care, Prescriptions, Medical Tests, Mental Health Care and Substance Abuse Care. Plans cover preventative care at no extra cost to you, including flu and pneumonia shots, birth control, routine vaccinations, and cancer screenings such as mammograms and colonoscopies.

Health coverage gives you protection and peace of mind. If you get sick or have an accident you'll have access to medical care. And starting in 2014, no one can be denied health coverage because of a pre-existing condition.

Beginning in 2014, Medicaid will expand coverage to all adults up to 138% of the Federal Poverty Level. This makes the maximum income for a household of 1 - \$14,856.00 to qualify for Maryland Medicaid. Marylanders currently enrolled in the Primary Adult Care Program (PAC) will be automatically transitioned to a full Medicaid benefit. PAC enrollees will be notified of the additional benefits available through the HealthChoice program. Notifications will be mailed in this fall.

For Greenbelt residents that do not qualify for Medicaid the family or individual enrollment flow will be as follows on the Maryland Health Connection website.

1. Application Eligibility—Greenbelter completes online application for insurance coverage.
2. Tax Credit Eligibility determination—If not eligible for Medicaid, you are evaluated for tax credits or premium reductions to your insurance rate.
3. Plan Shopping—You are able to select from available plans based on personal preferences. Plans will be available for medical only or medical combined with dental or dental only. There will be a wide variety of plans available.
4. Initial Payment Collection—You are able to make the initial premium payment directly through the Maryland Health Connections portal or make payment arrangements.
5. Confirmed Coverage—Maryland Health Connections will display a message for your coverage start date.
6. Notify Carrier—The carriers will be notified of premium payments collected and enrollment information.

Where do I go to find more information on Medicaid changes in Maryland or the New Affordable Care Act and how to enroll? Please visit **www.MarylandHealthConnections.gov** The Greenbelt Assistance in Living Program has three staff Certified Application Counselors. **To schedule an appointment with a certified counselor please call 301-345-6660.**



Accessible Greenbelt Program Begins Accepting Application

The Greenbelt Assistance in Living (GAIL) Program in an effort to further fair housing, has been awarded a grant to offer qualified Greenbelt residents a limited number of accessibility items, installation and home modifications to enable seniors and disabled adults in need to remain in their homes as long as possible. This program will fund items such as:

- Standard Motorized Stair Lifts
- Interior Stair Railings
- Widening Doorways
- Low-threshold Shower Entrance
- Safety Grab Bars
- A Handicap-Accessible Toilets
- Toilet Seat Risers
- Standard Shower Chairs
- Portable Metal Ramps
- Safety Vertical Floor to Ceiling Poles
- Bed Rails



Note: The equipment awarded to each household will be determined based on number of applicants, funds available, priority, and individual need. Applications will be considered on a first come first serve basis.

Eligibility

This program is open to Greenbelt residents who are 62 and older or disabled*. Renters must have the written approval of property owner prior to grant approval. Applications will be evaluated based on financial and demonstrated needs. A home visit will be scheduled as part of the application process. In order to qualify for this program, applicants must have a gross annual income below \$46,750 for a single person household or \$53,400 for a two-person household. Proof of your gross monthly income and assets are required. Proof should include the following:

- 2012 Tax Forms.
- Proof of all income in the last 30 days: Social Security Award Letter, Disability Award Letter, Pension Statement, Social Security Disability Income, Pension Statement, and/or Pay Stub.
- Proof of Liquid Assets: Bank Statements, Stock Dividends, Annuity, etc.
- Disability must be determined by a Social Security.

To request an application please contact Greenbelt CARES at 301-345-6660. Application will also be available on the City of Greenbelt website at www.greenbeltmd.gov. All question regarding the program should be directed to Emily Stowers, MSW Intern for the GAIL Program. She can be reached at 301-345-6660 ext. 2029. Her office hours are Tuesdays, 9-5pm, Wednesdays 3-6:-00 pm and Thursdays 8:30-2:00pm.

Produce Distribution Program For 2013/2014

Springhill Lake Elementary School Produce Distribution

<u>Day and Date</u>	<u>Time</u>
Thursday, November 7, 2013	2:30 pm
Thursday, December 5, 2013	2:30 pm
Thursday, January 2, 2014	2:30 pm

The school is located at 6060 Springhill Drive, Greenbelt, MD 20770. **Please note you will not be allowed to enter the building until 2:15 pm due increased security measures in the school.**



No registration is necessary. Please bring a cart or sturdy bags to carry your produce. It can be heavy.

City of Greenbelt

14th Annual Health & Wellness Fair

Join the City of Greenbelt and Greenbelt Homes, Incorporated in the 14th Annual Health and Wellness Fair on Tuesday, October 22nd from 10:00 am –2:00pm in the Greenbelt Community Center—15 Crescent Road, Greenbelt, MD 20770 – Gymnasium. Screenings and services offered include:

- ◆ Vision and Glaucoma Screening
- ◆ Bone Density Screening
- ◆ Mental Health Screening
- ◆ Massage Demo
- ◆ Reflexology
- ◆ Carbon Monoxide Screening
- ◆ Hearing Screenings
- ◆ Diabetes Screenings
- ◆ Carotid Artery Screening
- ◆ Cholesterol Screening
- ◆ Flu Shots and Pneumonia Vaccine are free for Medicare Part B recipients—Medicare card and a photo identification card are required if you would like to use Medicare Part B. Flu Shots will be \$25.00 and Pneumonia Shots—\$35.00 for all others not insured by Medicare.

Christmas in April 2014

Christmas in April is an annual, one-day project to repair the homes of those who due to age, disability and financial hardship, cannot do the work themselves. Skilled and unskilled volunteers give six to eight hours of service to help with repairs. **Christmas in April** is a non-profit organization supported entirely by voluntary contributions of time and money.

The program does have several limitations, however, **CHRISTMAS IN APRIL CANNOT MAKE STRUCTURAL REPAIRS OR UNDERTAKE PROJECTS THAT CANNOT BE COMPLETED IN ONE DAY!** If your house requires structural work, we can refer you to the County's Department of Housing and Community Development at 301-883-5570.

To be eligible for consideration, the **HOME TO BE REPAIRED MUST BE OWNED AND OCCUPIED BY THE HOMEOWNER AND THE HOMEOWNER MUST BE ELDERLY AND/OR DISABLED.** While there are no income requirements, the program does take **need** into consideration when making the final selections. **In particular, the program is designed to help individuals who have no means to make the needed repairs themselves.** Repairs are limited to the last Saturday in April. Even with a team of 20 or more volunteers assigned to the home, we **cannot guarantee that all work that needs to be done can be complete or that all requested work will be done.** Repairs differ in each home but they can included: interior and exterior painting, minor carpentry, plumbing and electrical work and replacing stoves, refrigerators and hot water heaters, if existing appliances are not working. Clean-up and yard work may also be included.

The **Christmas in April** work will be done on **Saturday, April 26, 2014.** We anticipate accepting as many as 100 homes for repair in the 2014 program. If you are interested in being considered for our program, or know of someone who may be interested, please complete this application and return it to:

Christmas in April* Prince George's County

7915 Malcolm Road, Clinton, MD 20735

Applications must be received in the office by November 1, 2013.

If you are applying on behalf of someone or making a referral, please discuss your referral with the homeowner prior to submitting the application and secure as much of the required information as possible. We also need your name, relationship to the homeowner and your phone numbers. Additionally, the program requires a site visit by a Christmas in April volunteer to make sure the repairs are within the scope of the **Christmas in April** program. You will receive a call in mid- November to schedule this visit. If you have any questions about the program, please do not hesitate call at 301-868-0937. We anticipate that final selections will be made around January 9, 2014 (depending on the weather). The applicant will be notified in writing at that time whether or not they have been selected for the 2014 program.

Stick it to The Flu. Don't Wait to Vaccinate. Get Your Free Flu Shot on October 27, 2013

On Monday October 28, 2013 from 1pm to 7pm the City of Greenbelt in partner with the Prince George's County Department of Health will be hosting a free flu clinic for all residents. The event will take place at the Springhill Lake Community Center Gymnasium located at 6101 Cherrywood Lane, Greenbelt, Maryland 20770. The clinic will offer both flu shots and FluMist. Individuals under 18 must be accompanied by a parent. The shots are available for anyone 6 months and older. Bowie State University School of Nursing will also be providing blood pressure screenings from 1pm to 4pm. For more information call 240-542-2033

What is the flu?

The flu is a contagious respiratory illness caused by a virus that infects the nose, throat and lungs. The best way to prevent against the flu is by getting a flu vaccine each year.

What are the signs and symptoms of the flu?

The flu causes fevers, chills, and sweats, nasal congestion, sore throats, headaches, body aches, fatigue and vomiting.

How is the flu transmitted?

The flu is spread by mainly by droplets made when people with the flu cough, sneeze or talk. These droplets then land on people nearby. A person might also get influenza by touching a surface or object that has the flu virus on it and not washing their hands. Locations such as your eyes, mouth and nose are highly susceptible to disease contraction. People who live in close quarters, or use a shared restroom are more likely to catch the flu.

How can you prevent the flu?

The best way to prevent the flu is to get vaccinated each flu season.

Why do I need the flu vaccine?

The flu infection can lead to serious health problems such as pneumonia, bronchitis and sinus and ear infections. It can also make chronic health conditions worse. Even healthy and active people can get very sick from the flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community. This is called immunity.

Did you know?

- A sneeze can travel over 100mph?
- You should always cough and sneeze into your sleeve so germs aren't spewed into the air?
- 36,000 people die each year because of flu infection complications?

What You Need To Know About Shingles

The shingles virus is very common. According to the National Institutes of Health about 50% of all Americans will have had shingles by the time they are age 80. While shingles occurs in people of all ages, it is most common in 60- to 80-year-olds.

What Causes Shingles?

Shingles is a painful skin disease caused by a reactivation of the chickenpox virus. It is distinctive because it affects only one side of the body. The early signs of shingles usually develop in three stages: severe pain or tingling, possibly itchy rash, and blisters that look like chickenpox.

What is Shingles?

Another name for shingles is herpes zoster. The virus that causes shingles is a herpes virus. Once you are infected with this kind of virus, it remains in your body for life. It stays inactive until a period when your immunity is down.

Is Shingles Contagious?

If you have had chickenpox, shingles is not contagious. Nothing will happen to you if you are exposed to someone who has shingles. If you have never had chickenpox, however, avoid contact with anyone who has shingles; the fluid from their open blisters is infectious. You will not get shingles, but you could get chickenpox if exposed.

If you have not had chickenpox and you come into contact with someone who has shingles, ask your healthcare provider whether you should get a chickenpox vaccination. Unlike chickenpox, with shingles, the virus is NOT transmitted by someone breathing or coughing on you. You have to come in contact with the blister fluid itself. Once the blisters scab over, the contagious period is ended.

Possible Effects of Shingles

Outbreaks that start on the face or eyes can cause vision or hearing problems. Even permanent blindness can result if the cornea of the eye is affected. Bacterial infection of the open sores can lead to scarring. In a very small number of cases, bacteria can cause more serious conditions, including toxic shock syndrome and necrotizing fasciitis, a severe infection that destroys the soft tissue under the skin. The burning waves of pain, loss of sleep, and interference with even basic life activities can cause serious depression.

In patients with immune deficiency, the rash can be much more extensive than usual and the illness can be complicated by pneumonia. These cases are more serious, but they are rarely fatal.

Shingles is Not Permanent

If you are basically healthy, shingles usually goes away without complications. You are not likely to ever get it again! More importantly, the shingles vaccine may one day make shingles a rare disease.

New Caregiver Support Group Forming

The role of the caregiver is one that sometimes goes without a thank you or a compliment. But rest assured that, while there is no salary paid for the assistance you provide, the care you provide is priceless. There are resources available to help make your job easier. Join two Greenbelt Assistance in Living Program professionals, Tom Patota LCSW-C and Helen Barnes, MA, RN-BC, CCM in a confidential and supportive environment to help learn coping skills, resources available to you and more.

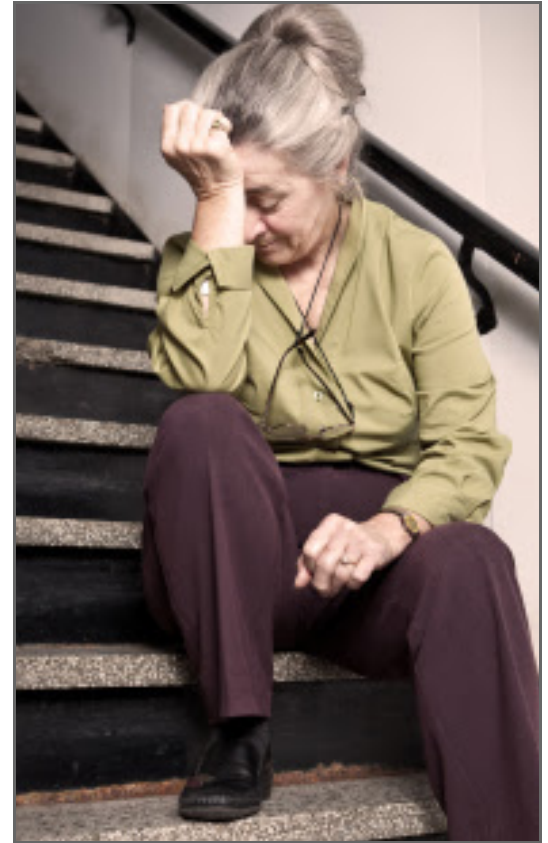
When: The second Wednesday of the month starting October 9, 2013 from 6:15 pm -7:45 pm

Where: Greenbelt Community Center

15 Crescent Road,

Greenbelt, Md 20770—Room 112

Cost: Free!



Mental Health Screening Month

To mark the 10th Annual Mental Health Screening Day event this year, the Greenbelt Assistance in Living Program will be providing screening during the entire month of October. Residents can schedule an appointment or attend the City of Greenbelt Health and Wellness Fair on October 22, 2013 from 10:00 am –2:00 pm. Screenings available include: Depression, Mood Disorder, Post Traumatic Stress Syndrome and Anxiety Disorder and are self-administered but assistance will be available if necessary. All participants in the screening will be given resources for follow up if necessary and the ability to speak with a mental health professional. For more information or to schedule an appointment please call 301-345-6660 ext.2012 beginning October 1, 2013.

